



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

GET FREE TAX HELP THROUGH AARP

**Appointments available Mondays:
February 9 through April 13**

The City of Lake Forest and AARP
are excited to offer
FREE TAX PREPARATION
to middle and low-income taxpayers.

AARP Tax-Aide is a
charitable non-profit organization
that has assisted over 34 million taxpayers
in filing their tax returns.

Taxpayers with complex tax returns
will be advised to seek professional tax assistance
(i.e., Partnerships, Rentals, and Estates).
Tax appointments are from 10:00 AM to 1:00 PM.

**Beginning Monday, January 26,
at 9:00 AM, call 461-3408
to schedule your tax appointment.**

Jan/Feb/Mar 15

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Happening?

SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

January

Lake Forest Residents:
Wed, Jan 7, 12:00 PM

Non-Residents:
Thurs, Jan 8

February

Lake Forest Residents:
Wed, Feb 4, 12:00 PM

Non-Residents:
Thurs, Feb 5

March

Lake Forest Residents:
Wed, Mar 4, 12:00 PM

Non-Residents:
Thurs, Mar 5

JANUARY MINI EXCURSIONS



Michelson Water Recycling Plant (MWRP) • Irvine
Wednesday, January 14 • 10:30 AM–1:00 PM
Fee: Free (docent-led tour)

Did you know...the MWRP converts an average of 18 million gallons of wastewater each day into recycled water? The plant was built in 1961 and is IRWD's primary source of recycled water. A docent will explain how the water is recycled and the new expansion that is currently underway. **Closed-toe shoes required. Significant walking with steps and uneven ground.**

**Lake Forest Sports
Park and Recreation
Center Tour •**
Lake Forest
Wednesday,
January 21 •
10:30 AM–1:00 PM
Fee: Free
(staff-led tour)



Our new 86-acre Sports Park is one of the largest in Orange County. Staff will lead a tour of the 27,000 square foot recreation center/gymnasium along with sports fields, concession buildings, picnic structures, tot lot/ playground, and more. We are so proud of our new Sports Park and Recreation Center...it's **really** something to see!

FEBRUARY MINI EXCURSIONS

**Old Orange County
Courthouse • Santa Ana
Tuesday, February 10 •
10:15 AM–2:00 PM
Fee: Free (docent-led tour)**

This landmark is the oldest courthouse building in Southern California. This 1901 structure was restored to look much as it did originally. Visit the museum, OC Archives, and the library of the Pacific Coast Archaeological Society.



**John Wayne
Airport Tour •
Santa Ana
Monday,
February 23 •
10:00 AM–1:00 PM
Fee: Free
(docent-led tour)**

How planes fly, terminal architecture, historical photo displays, rental car areas, baggage carousels, airline ticket counter areas, and much more. View the airfield and planes taking off and landing. The FAA does not permit tours of the Control Tower, and the Fire Station does not allow tours.

MARCH MINI EXCURSIONS



**Sherman Library &
Gardens with Lunch
at El Ranchito •
Corona del Mar
Wednesday, March 11 •
10:00 AM–2:00 PM
Fee: \$3.00 (pay at
the door; lunch is
additional)**

The Gardens provide a museum of living plants displayed amidst a setting of immaculate gardens, patios, and conservatories. Enjoy lunch afterwards at El Ranchito (lunch approximately \$8.00–\$12.00).

**911 Emergency
Communications
Bureau • Silverado
Tuesday, March 24 •
10:00 AM–12:30 PM
Fee: Free (docent-led tour)**

You will tour the Loma Ridge Emergency Operation Center and discover how the Center's backbone radio systems are utilized by law enforcement, fire service, and local government agencies.

SEMINARS

Jan/Feb/Mar 2015

4

Senior Scene

January

The Importance of Good Sleep Habits

**Thursday, Jan 22
11:15 AM**

Considerable research has gone into developing guidelines designed to enhance good sleep. These strategies can provide long-term solutions to sleep difficulties. Join this presentation about good sleep techniques and how they are an important part of your health.

February

Office on Aging and How It Can Assist You

**Thursday, Feb 19
11:15 AM**

The Office on Aging mission is to help older adults experience a high quality of life while providing you with a wide variety of valuable resources.

The speaker will address the ever so important "Information and Assistance" line.

March

What You Need to Know about Diabetes

**Thursday, Mar 26
11:15 AM**

Do you know the difference between Type 1 and Type 2 Diabetes? Can you prevent Diabetes? Are you at risk?

If you don't know the answers to these questions, then you'll want to attend this informative seminar.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month (for January, call January 5; for February, call February 2; for March, call March 2).

Crafts may change due to availability of supplies.

VALENTINE BASKET

Tuesday, January 20 • 10:30 AM

You will create a Valentine basket out of paper and fill it with sweet treats. How cute is that? And so sweet, too!

EMBELLISHED APRONS

Tuesday, February 17 • 10:30 AM

A generous volunteer donated red aprons for you to embellish however you may wish. We'll provide the bling...you bring the creativity!

GET A JUMP ON SPRING

Tuesday, March 17 • 10:30 AM

You will be able to get a jump on Spring as you decorate a wooden block in a Spring or Easter motif. Some painting involved, and gluing, and who knows what else?



CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10:00 AM-2:00 PM.

DISCOVER THE EXCITEMENT!

BAGELS & BINGO

Tue • 10:30 AM

Jan 6 • Feb 3 • Mar 3

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM-12:30 PM

Jan 7 • Feb 4 • Mar 4

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.

PING PONG

Tue • 11:00 AM-1:00 PM

Jan 13 • Feb 10 • Mar 10

Dust off your paddles and join us! It's great exercise, too!

SCRABBLE GAMES

Wed • 10:30 AM

Jan 14 • Feb 18 • Mar 18

CELL PHONES 101

Tue • 12:00-2:00 PM

Jan 20 • Feb 17 • Mar 17

Master your phone! If you need assistance, drop by the Clubhouse. Jose from Monarch HealthCare will show you how.

BINGO MANIA

Mon • 11:00 AM

Jan 26 • Feb 23 • Mar 16

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Jan 27 • Feb 24 • Mar 31

SUPER BOWL THURSDAY

Thu, Jan 29 • 11:30 AM

Let's get ready to rumble! Wear your favorite football team's colors... t-shirts, jerseys, or caps! We'll kick off Super Bowl Sunday on a Thursday along with tailgating inside the Clubhouse.

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Jan 29 • Feb 26 • Mar 26

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM-2:00 PM

Every Monday and Wednesday.

COUPON SWAP

Drop off and pick up coupons.

NEW!

WALKING CLUB

Starting February 2 •

Mondays • 10:30 AM

Let's get moving, and what better way than around our Sports Park? The distance is approximately one mile! Register by calling 461-3408.

RED HOT BINGO

Thu, Feb 12

Get in the mood for Valentine's Day! Wear your reddest red or your pinkest pink and we'll play some "Red Hot" Bingo!

BY GEORGE!

Thu, Feb 12 • 11:30 AM

George Washington (aka: P&R Commissioner Victor Scherr) will be dropping by the Clubhouse to discuss what he did for our country!

DROP-IN COMPUTER LAB

Mon/Tue/Thu 10:00 AM-2:00 PM

Wed 11:00 AM-2:00 PM

Availability limited at times due to training and computer classes. No instructor is on site.

The Computer Lab will be closed on Mondays from Feb 9 to Apr 13 for tax preparation.

TRAVELIN' GAME SHOW

Thu, Mar 12 •

11:00-11:45 AM

Trivia, music, and prizes.

JAN

Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
CC-B Community Center Room B
CC-AR Community Center Activities Room
CC-TR Community Center Training Room
CC-L Community Center Lounge
ETL El Toro Library 24672 Raymond Way 949.855.8173
LFBTC Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. 949.837.6100
LFGPC Lake Forest Golf & Practice Center 23308 Cherry Ave. 949.859.1455
FL Forest Lanes 22771 Centre Drive 949.770.0055
SDCCC Santiago de Compostela Community Center 21682 Lake Forest Dr. 949.951.8599
S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

4	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)	5	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)	6	
	Cold Box Lunch		Cold Box Lunch		
11	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)	12		13	8:45 PM Excursion – Union Station 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)
	Cold Box Lunch		Cold Box Lunch		
18	MARTIN LUTHER KING, JR. BIRTHDAY (observed) CITY HALL AND CLUBHOUSE CLOSED	19	10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Valentine Basket 11:30 AM Cold Box Lunch Program (CC-A)	20	12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B)
			Cold Box Lunch		
25	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)	26		27	10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)
	Cold Box Lunch		Cold Box Lunch		12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
			Cold Box Lunch		



WED		THU		FRI / SAT	
		1		FRI 2	
		HAPPY 2015		1:00 PM Bowling League (FL)	
		6:00 AM Excursion – Rose Parade		City Hall Closed	
		CITY HALL AND CLUBHOUSE CLOSED		SAT 3	
7		8		FRI 9	
9:00 AM Tai Chi Ch'uan (CC-B)		10:00 AM Drop-In Computer Lab (CC-TR)		1:00 PM Bowling League (FL)	
10:00 AM Mahjong (CC-A)		10:30 AM Bingo (CC-A&B)		7:00 PM Friday Night at the Movies – Chef (rated R)	
10:30 AM Tai Chi Ch'uan Advanced (CC-B)		12:00 PM Lunch (CC-A&B)		SAT 10	
11:00 AM Drop-In Computer Lab (CC-TR)					
11:30 AM Chat with Monarch HealthCare (CC-A)					
11:30 AM Cold Box Lunch Program (CC-A)					
12:00 PM Mini Excursion Registration (CC-A)					
1:00 PM Yoga with Fleur (CC-B)					
Cold Box Lunch		Italian Feast			
14		15		FRI 16	
9:00 AM Tai Chi Ch'uan (CC-B)		9:00 AM Legal Aide (CC-AR)		1:00 PM Bowling League (FL)	
10:00 AM Mahjong (CC-A)		9:30 AM Book Discussion – The City (CC-El Toro Room)		7:00 PM Bunco or Bust (CC-A&B)	
10:30 AM Mini Excursion – Michelson Water Recycling Plant		10:00 AM Drop-In Computer Lab (CC-TR)		City Hall Closed	
10:30 AM Scrabble (CC-A)		10:30 AM Bingo (CC-A&B)		SAT 17	
10:30 AM Tai Chi Ch'uan Advanced (CC-B)		12:00 PM Lunch (CC-A&B)			
10:45 AM Movie Day – When the Game Stands Tall (CC-L)					
11:00 AM Drop-In Computer Lab (CC-TR)					
11:30 AM Cold Box Lunch Program (CC-A)					
1:00 PM Yoga with Fleur (CC-B)					
Cold Box Lunch		Mexican Madness			
21		22		FRI 23	
9:00 AM Tai Chi Ch'uan (CC-B)		10:00 AM It's Never Too Late (S&S Club)		8:30 AM AARP "Refresher" Driver Safety Course	
10:00 AM Mahjong (CC-A)		10:00 AM Drop-In Computer Lab (CC-TR)		1:00 PM Bowling League (FL)	
10:30 AM Mini Excursion – Lake Forest Sports Park and Recreation Center Tour		10:30 AM Bingo (CC-A&B)		SAT 24	
10:30 AM Tai Chi Ch'uan Advanced (CC-B)		11:15 AM Seminar – The Importance of Good Sleep Habits (CC-A&B)		SNOWFEST AT PITTSFORD PARK	
11:00 AM Drop-In Computer Lab (CC-TR)		12:00 PM Lunch (CC-A&B)			
11:30 AM Cold Box Lunch Program (CC-A)					
1:00 PM Yoga with Fleur (CC-B)					
Cold Box Lunch		Chinese Feast			
28		29		FRI 30	
9:00 AM Tai Chi Ch'uan (CC-B)		SUPER BOWL THURSDAY		1:00 PM Bowling League (FL)	
10:00 AM Mahjong (CC-A)		10:00 AM It's Never Too Late (S&S Club)		City Hall Closed	
10:30 AM Tai Chi Ch'uan Advanced (CC-B)		10:00 AM Drop-In Computer Lab (CC-TR)		SAT 31	
10:45 AM Movie Day – The Double (CC-L)		10:30 AM Bingo (CC-A&B)			
11:00 AM Drop-In Computer Lab (CC-TR)		11:30 AM Birthday Celebration (CC-A&B)			
11:30 AM Birthday Celebration (CC-A&B)		11:30 AM Super Bowl Thursday Celebration			
11:30 AM Cold Box Lunch Program (CC-A)		12:00 PM Lunch (CC-A&B)			
1:00 PM Yoga with Fleur (CC-B)		2:00 PM Aquatic Fitness (LFBTC)			
Cold Box Lunch		Chili			

LEGEND

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CC-L
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Lounge

ETL
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LFBTC
Lake Forest Beach &
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LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
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FL
Forest Lanes
22771 Centre Drive
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SDCCC
Santiago de
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Community Center
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S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

SUN	MON	TUE
1 	2 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	3 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
8 	9 10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	10 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 10:15 AM Mini Excursion – Old Orange County Courthouse 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
15 	16 PRESIDENTS' DAY (observed) CITY HALL AND CLUBHOUSE CLOSED 	17 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Embellished Aprons 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
22 	23 10:00 AM AARP Tax Aide (CC-TR) 10:15 AM Mini Excursion – John Wayne Airport Tour 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch	24 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch

Due to the popularity of the
Thursday Lunch Program, we encourage you to arrive
by 11:00 AM for seating.



WED	THU	FRI / SAT
<p>4</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chicken Bowls</p>	<p>FRI 6</p> <p>1:00 PM Bowling League (FL)</p> <p>4:00 PM Happy Trails Western BBQ Dinner Dance (reservations required)</p> <hr/> <p>SAT 7</p>
<p>11</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Jack Ryan: Shadow Recruit (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>VALENTINE'S DAY CELEBRATION Wear Red or Pink</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM By George! 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Italian Feast</p>	<p>FRI 13</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 14</p>
<p>18</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Excursion – San Manuel Casino Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>9:30 AM Book Discussion – The Light Between Oceans (CC-El Toro Room)</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Office on Aging and How It Can Assist You (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chinese Feast</p>	<p>FRI 20</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 21</p>
<p>25</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Words and Pictures (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) 5:00 PM Nominations Deadline for Senior Volunteer of the Year</p> <p>Chili</p>	<p>FRI 27</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 28</p>

FEB

LEGEND

CH
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1	2	3
	10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
8	9	10
DAYLIGHT SAVINGS TIME BEGINS Set your clocks ahead one hour 	10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	8:15 AM Excursion – San Diego History Museum 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
15	16	17
	10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Get a Jump on Spring 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
22	23	24
	10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	10:00 AM Mini Excursion – 911 Emergency Communications Bureau 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
29	30	31
	10:00 AM AARP Tax Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Walking Club (Sports Park) 11:30 AM Cold Box Lunch Program (CC-A)	10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch

WED	THU	FRI / SAT
<div>4</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>5</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Baked Potato Bar </div>	<div>6</div> <div> FRI 1:00 PM Bowling League (FL) <hr/> SAT <div>7</div> </div>
<div>11</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Sherman Library & Gardens with Lunch at El Ranchito 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Belle (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>12</div> <div> ST. PATTY'S DAY CELEBRATION Wear Green 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:00 AM Travelin' Game Show (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) No Blarney Corned Beef </div>	<div>13</div> <div> FRI 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust (CC-A&B) City Hall Closed <hr/> SAT <div>14</div> </div>
<div>18</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>19</div> <div> 9:30 AM Book Discussion – Title TBA (CC-EI Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Mexican Madness </div>	<div>20</div> <div> FRI 1:00 PM Bowling League (FL) FIRST DAY OF SPRING  <hr/> SAT <div>21</div> </div>
<div>25</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Home Run (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>26</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – What You Need to Know about Diabetes (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast </div>	<div>27</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT <div>28</div> </div>

Due to the popularity of the Thursday Lunch Program, we encourage you to arrive by 11:00 AM for seating.

MAR

GOOD STUFF COMING YOUR WAY

Jan/Feb/Mar 2015

12

Senior Scene

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

AARP "REFRESHER" DRIVER SAFETY COURSE

Friday, Jan 23 • 8:30 AM–1:00 PM

\$15.00 AARP Members • \$20.00 Non-Members

Call 461-3450 to reserve your seat. AARP members must provide proof of membership.

HAPPY TRAILS WESTERN BBQ DINNER DANCE

Friday, Feb 6 • 4:00–7:00 PM

\$10.00 per person • Reservations required

Mosey on over to the Clubhouse (aka: Corral) for a rootin' tootin' boot-scootin' time! Yes sireee we want you to dress-up in your finest cowboy/cowgirl attire (hat, shirt, scarf will do just fine)! A DJ will play some "Electric Slide" songs to dance to, plus a whole lot more! We'll serve up some tasty grub!

CALL FOR NOMINATIONS • SENIOR VOLUNTEER OF THE YEAR

Nominate a senior volunteer who has made the largest impact on the City's senior programs/facilities. Nomination forms will be available at the Senior Scene Clubhouse and the senior website www.lakeforestca.gov/seniors. **Nomination deadline is Thursday, Feb 26 at 5:00 PM.**

ST. PATTY'S DAY "GREEN WITH ENVY" CELEBRATION

Thursday, Mar 12 • 11:00 AM

11:00 AM – Travelin' Game Show

12:00 PM – Lunch (Corned Beef)

Reservations required • No phone reservations

To reserve your seat, call 461-3450 on Tuesday, February 10 (Lake Forest residents).

Non-residents may call Tuesday, February 17.

Please call after 8:00 AM.

January



When the Game Stands Tall

(PG-13) • Jan 14
115 Minutes

Bob Ladouceur, coach of the Spartans football team, always tells his players that winning doesn't matter. Yet somehow, with the aid of assistant coach Terry Eidson (Michael Chiklis) he's led the team to a record-breaking 151 straight victories. When his wife (Laura Dern), urges him to refocus on his family, Bob is blinded by the pressure to keep the streak alive. Now, in the midst of a season of crisis and tragedy where the Spartans stand to lose everything, a remarkable young player helps Bob rediscover that teamwork outshines personal glory.



The Double

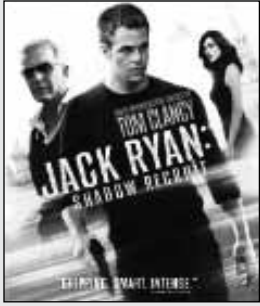
(PG-13) • Jan 28
93 Minutes

The mysterious murder of a U.S. senator bearing the distinctive trademark of the legendary Soviet assassin "Cassius," forces Shepherdson, a retired CIA operative, to team with rookie FBI agent, Geary. Shepherdson is convinced his nemesis is long dead. Geary is certain that Cassius has resurfaced. As they work their way through Cassius' crimes past and present, the team discovers that Cassius may not be the person they thought him to be.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

February



**Jack Ryan:
Shadow Recruit**
(PG-13) • Feb 11
105 Minutes

When a global terrorist network is about to be activated, brilliant CIA analyst Jack Ryan has no choice but to become operational. Yet when everyone who could stop the impending international catastrophe has something to lose or something to hide, who can Ryan possibly trust? Caught between his tight-lipped handler Harper, his in-the-dark fiancée Cathy, and a fearsome Russian oligarch, Jack must confront a new reality where secrets and lies are everywhere; yet the fate of millions rests on his finding the truth.



**Words and
Pictures**
(PG-13) • Feb 25
111 Minutes

A flamboyant English teacher (Clive Owen) and a new, stoic art teacher (Juliette Binoche) collide at an upscale prep school.

A high-spirited courtship begins and she finds herself enjoying the battle.

Another battle they begin has the students trying to prove which is more powerful: the word or the picture.

But the true war is against their own demons, as two troubled souls struggle for connection.

March



Belle
(PG-13) • Mar 11
111 Minutes

Belle is inspired by the true story of Dido Elizabeth Belle, the illegitimate mixed race daughter of Admiral Sir John Lindsay. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet her status prevents her from the traditions of noble social standing. While her cousin Elizabeth chases suitors for marriage, Belle is left on the sidelines wondering if she will ever find love. After meeting an idealistic young vicar's son bent on changing society, he and Belle help shape Lord Mansfield's role as Lord Chief Justice to end slavery in England.



Home Run
(PG-13) • Mar 25
113 Minutes

Baseball all-star Cory Brand knows what it takes to win in the big leagues.

But off the field, with memories of his past haunting him, his life is spiraling out of control.

Hoping to save her client's career and reputation after a DUI and a team suspension, Cory's agent sends him back to the small town where he grew up.

Forced to coach the local youth baseball team and spend eight weeks in the only recovery program in town, Cory can't wait to return to his old life as quickly as possible.

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM-2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. \$1.00 voucher one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – \$2.50 voucher one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – \$5.00 voucher one way.

I have to an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – \$7.00 voucher one way.

*** Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

For additional transportation options, call OCTA at 1-800-636-7433.

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Drive, Second Floor.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

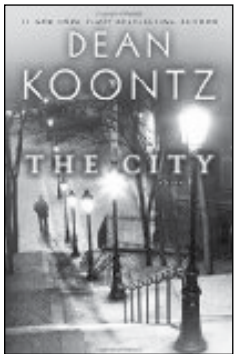
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • NEW TIME: 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

January

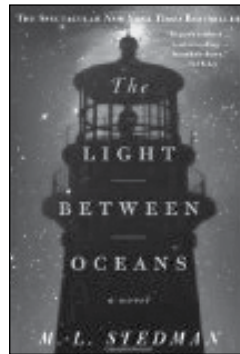


January 15 **The City** by Dean Koontz

Here is the riveting, soul-stirring story of Jonah Kirk, son of an exceptional singer, grandson of a formidable "piano man," a musical prodigy beginning to explore his own gifts when he crosses a group of extremely dangerous people, with shattering consequences.

Set in a more innocent time not so long ago, *The City* encompasses a lifetime but unfolds over three extraordinary, heart-racing years of tribulation and triumph, in which Jonah first grasps the electrifying power of music and art, of enduring friendship, and of everyday heroes.

February



February 19 **The Light Between Oceans** by M.L. Stedman

Tom, a stoic, fiercely principled man, recently returned from serving in World War I, and marries Isabel who desperately wants to be a mother.

After settling on a remote island off Western Australia, Tom and Isabel suffer through two miscarriages and a stillbirth. She has just buried their child when another baby literally washes up on their shore, accompanied by her lifeless father.

Isabel wants to keep the infant as their own, but Tom, the island's lighthouse keeper, is hesitant and with good reason.

March



March 19

At the time of this publication, the book for March has not been chosen.

Please call 461-3408 in January for March's selection.





City of Lake Forest Senior Scene
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Lake Forest, CA 92630
949-461-3408

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OUR "PIED" PIPERS!

**Pie Eating Contest Winner.
Look what I found!**



What? I didn't win?



The pie is all mine!